

The EnergyBody Program



Shift Your Frequency.
Tune Into a New Reality.

2016 Website Program Description

The Monroe Institute® presents EnergyBody – a 5-day/6-night exploration of the energy that you are. Knowledge of yourself as energy – along with the tools you'll gain in the program, allow you to create the life you yearn for. Discover how to **activate** and **increase** your energy to **create vibrancy** and **vitality** in all aspects of your life.

Integrating state-of-the-art Hemi-Sync® technology with energy-enhancing exercises and guided out of body meditation techniques, you will explore **travelling to expanded dimensions of reality**.

Learn to activate your personal energy/consciousness system. Access your infinite potential.

I AM READY TO EXPLORE!

Created by TMI Trainer and Energy Healer Patty Ray Avalon, this unique program empowers you with the ability to increase and manage your personal energy. Discover how to make **positive shifts in your life** in the form of better health, vitality, financial abundance, quality relationships, clarity, and more!

Learn energetic tools and techniques to create more success, joy and personal power. Discover life-changing methods to:

- Activate and focus your energy
- Remove imbalances and blocks
- Learn conscious practice for out-of-body exploration
- Release stuck emotional energy
- Shift into empowered states for manifesting your desires
- Create vibrancy and vitality in your body
- Tune up your chakras
- Manage your energy



Experience Your Limitless Self by experiencing your personal source of unlimited energy.

Our EnergyBody Program is an incredible way to discover how to ***tap into your potential*** as an energetic being. This transformational experience is only offered once this year and will undoubtedly fill up quickly. We highly recommend **reserving your space in advance**.

I AM READY TO EXPLORE!

Your Guide for this Exploration: Patty Ray Avalon



Patty Ray Avalon is creator and lead trainer of The EnergyBody Program. She is a highly talented artist, healer, energy worker, and teacher of consciousness enhancing techniques. Patty is a graduate and former faculty member of the Barbara Brennan School of Healing and has been a Residential Trainer at The Monroe Institute for over fourteen years. She created over 35 Hemi-Sync exercises through Monroe Products and continues to facilitate programs every year.

Your Co-Trainer for this Exploration: Jean McDoniels



Jean McDaniels is a certified Outreach Trainer for The Monroe Institute and a Local TMI Chapter Trainer in Ocala, Florida. Jean is also the founder Ocala Inner Center, where workshops in consciousness exploration are conducted.

She is a certified Quantum Touch Practitioner, Reiki Master, SunPoint Practitioner and an Instructor at The LifeLong Learning College in The Villages, FL.

Your Facility for this Journey: The Monroe Institute



TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to the life's mysteries along the way.

A shift in your energetic frequency can have an instant and dramatic impact on every aspect of your life. Benefits of raising your vibration and feeling higher and finer energy can help you in:

- Awakening your consciousness
- Heightening your intuition
- Accessing greater creativity
- Awakening your consciousness
- Gaining inner wisdom
- Rejuvenating your body, mind and spirit

"Of all the sessions I have experienced at Monroe I can say the Energy Body was the most useful of all. While each residential experience has given me new information, exciting experiences and introduced me to others along this same journey, only Energy Body heightened my awareness of my own energy and showed me how to raise my vibration. Patty and Jean filled the between session time with group meditations, OM

circles and other experiences which definitely helped keep our vibrations high all through the day. I look forward to my next energy body session in August" - Kitty K.

" 'Go with the flow' takes on new meaning as you root/ground, clear, energize, heal and balance to the soothing voice of energy expert Patty Ray. I continue to listen to your CDs. Thanks for your wonderful programs." - Arden B.